

### THE STORY OF

# THE HAMILTON HEALTH ASSOCIATION

Operating and Supporting
The Mountain Sanatorium

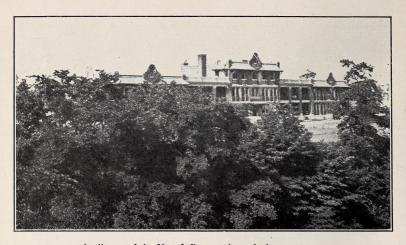


Sixteenth Annual Report 1920 Digitized by the Internet Archive in 2016 with funding from University of Toronto



"THE TWENTY-FIVE POUNDERS"

Every child in this group at the Preventorium has gained in weight Twenty-Five pounds or more.



A glimpse of the New Infirmary through the tree tops. This splendid modern building is situated on the brow of the mountain.

## How Patients are Maintained at the Sanatorium

Donations do not go towards the maintenance of patients but go to capital account to increase the accommodation in the institution. If a donation were to go towards the maintenance of patients it would thus provide no permanent improvement, but would be disbursed in the meeting of operating expenses.

The policy of the Province of Ontario with regard to Sanatoria for the treatment of tuberculosis provides that if a municipality or association establishes an institution the maintenance of the patients will be taken care of by

- 1. A provincial grant now fixed at .75 per day.
- 2. A municipal grant not to exceed \$1.50 per day.



The Nurses' Home now nearing completion at the New Infirmary (extreme left) also new houses for other members of Staff.

- (a) If the patient can pay \$1.50 per day no grant from a municipality is asked for, and whatever lesser rate the patient can pay decreases the municipal grant by that amount.
- (b) Because of by-laws passed by the City in favor of the Sanatorium, the City rate at present paid for indigent patients is fixed at \$1.20 per day.
- (c) Municipalities that have not made a grant towards the capital account of a Sanatorium are expected to pay the rate of \$1.50 per day in order to more nearly cover the full cost, less the provincial grant.

To secure admission a patient living in the City of Hamilton who cannot pay the rate of \$1.20 per day, will secure from

one of the members of our Dispensary staff a letter to the Relief Officer, stating that he or she has tuberculosis and requires Sanatorium treatment. The Relief Officer then requires the confirmation of a physician representing the City, so the patient is sent to the City Hospital for examination by Dr. W. F. Langrill or one of his assistants.

The patient then returns to the Relief Office where the matter of the City's liability, based on residence of the patient, is determined, and the amount of the City's assistance is decided. The patient is then given a City order for admission to the Sanatorium.

The policy of the City has always been to show extreme consideration for tuberculous patients. The officials realize that the treatment is necessarily of long duration and that when patients have dependants, they will suffer, and must be provided for, and that also the patient when cured will have a lessened earning capacity and will have to live carefully.

The City cannot accept applicants who cannot comply with the residence rule, which states that the patient must have lived in the city for one year, before the City will accept liability. This rule was found necessary to prevent people from any part of the Province taking rooms for a short time in the City and then demanding treatment as indigent citizens.

In the municipalities outside of Hamilton the patient requiring municipal aid, receives our report and takes it to the mayor or reeve or other named official of the municipality and then presents an order from that official when being admitted to the Sanatorium.

## Annual Report of the President —Mr. J. J. Evel

Ladies and Gentlemen: In presenting the Sixteenth Annual Report of the Hamilton Health Association, your Directors feel they have cause for gratification at the continued progress in all departments of the work, made possible by the ever growing interest and assistance afforded us by the various corporations of the City of Hamilton, by public-spirited generous friends and by the citizens in general. To you, as citizens, belongs the credit for the institution on the mountain to-day, and to you the thanks of the ladies and gentlemen of the boards are hereby extended.

The outstanding features of the year are the erection of:

First—The new fireproof nurses' home, built at a cost of \$85,000.00, for which purpose a subsequent additional \$10,000.00 was given by Mrs. Bisby to the original sum of \$75,000.00 given by her and the late W. D. Long, so that, to these good friends of the Association is due honor for the erection of the building, which will be ready for occupation early in May, and which will fill a long-felt want.

Second—Two new brick residences for our staff doctors, who are at present in not very congenial quarters, but who will soon be more comfortably housed and within instant call of the nurses when required.

Third—The sun rooms and ward at the Preventorium for the introduction of the Helio-Therapy or Sun-cure treatment for children. This part of the work, from which we confidently look for excellent results, is expected to be in operation early in May. Fourth—The new barn, with capacity for forty head of cattle, and two silos, well filled with sufficient fodder to last well into the summer months.

Arrangements are under way, plans having already been prepared, for the building in the near future, of the dining room and a school for the children at the Preventorium, and of a new dairy, with complete provision for the care of milk from the herd of high grade, healthy cattle. Our steady growth has necessitated the installation at the Ontario Hospital, of equipment for increasing our water supply, and we wish to thank our good friend Doctor English for his helpful co-operation and assistance in this very important branch of our work.

The major contributions for the year were the \$10,000.00 already mentioned, \$1,500.00 from the Dundas Women's Patriotic League, and the sum of \$100,000.00 willed us by the late John A. Bruce, whose memory we have cause to revere and perpetuate among the honored names at the Sanatorium. Incidentally, we here wish to express our thanks to the Bruce family and to the executors of the estate for consideration already shown in their endeavor to carry out most advantageously for us, the provisions of his will.

We acknowledge with thanks the sum of \$300.00 from the Honorably Discharged Soldiers Association, whose president, Mr. John Bull, has been made a life member of the Association; the contribution of the Alpine lamps for Helio treatment for the children, by the Junior Health League; the sum of \$500.00, proceeds from the Beach Day Fete; the moving picture machine for the use of the children, given by the Central Presbyterian Church Choir; photographic equipment for the X-Ray department, from the Queen's Canadian Hospital, and a complete dental equipment for the San patients given by the City Council at a cost of \$2,500.00. In this connection also, our thanks are due to the dental profession generally and to Dr. W. G. Thompson and Dr. Everett especially, for their ready assistance on this and other occasions.

A committee from your Board waited upon the Board of Education, asking for the appointment of an additional teacher for the children who are bed patients, in order that, when their health is restored, they might not be handicapped in their lessons. We are pleased to say that our request met with a ready response with the result that there are now two teachers in regular attendance at the San.

Three of our outstanding members, through whose generosity and effort this Association was started on its career, have, during the year, joined the Great Majority-Mr. W. D. Long, our first president, who, with his partner, Mr. Bisby, donated the land for the Sanatorium; Mr. S. D. Bigger, K.C., who took much interest in the matter and called the first public meeting at which the Hamilton Health Association was organized, and Mr. G. H. Milne, whose duties as chairman of the building committee were performed with singular fidelity and care. In these three gentlemen we possessed a rare combination, the one with beneficence, the one with executive ability and the one with whole-hearted effort representing the willing heart, the thoughtful mind and the ready hand, each the complement of the others making for the establishment of an institution and of its present day efficiency, of which we all may feel a pardonable pride.

During the year Colonel J. R. Moodie, Mr. Homer Hale and Mr. W. H. Lovering have been appointed to the Board of Directors.

In conclusion and with a view to showing you, in part at least, the results we are obtaining, I would direct your attention to the chart from which you will note the steady decrease in mortality from the disease against which we are prosecuting our unrelenting warfare, and this in spite of the steadily increasing population of our city.

All of which is respectfully submitted.

J. J. EVEL, President, H. H. A.



View of the New Nurses Home nearing completion, the gift of Mr W. D. Long and Mrs. George H. Bisby for which they contributed \$75.000. This is a fine fire-proof structure and on account of the high cost of building Mrs. Bisby later contributed an additional \$10.000.

Year	Population	Mortality Pulmonary Consumption	Mortality Surgical Tuberculosis
1905-1906	59.543	70	5
1910-1911	73.542	53	15
1917-1918	107.832	54	18
1919-1920	115.000	46	10



The Nurses Residence at the Orchard San

## Report of the Ladies' Board --Mrs. Geo. S. Rennie

Mr. President, Ladies and Gentlemen: After Mr. Evel's splendid report there is very little left for me to tell of the wonderful work that has been done by the Hamilton Health Association.

We are indeed lucky in having such a capable man as Dr Holbrook at the head of the Sanatorium. You all know the good work he and his able staff have done, and the keen interest they have always taken in the welfare of the institution. Most excellent work has also been done by our good friends Miss McLean, Mrs. Snider and the Nurses and Staff. Few people know the good work that these ladies have done, and I think that the harmony and efficiency is greatly due to them. I know at times that Mrs. Snider and Miss McLean

have had to turn in and do all kinds of work, when their help in the kitchen has failed them, so that their patients should not suffer for want of anything.

At our annual meeting last year we were worried about our down town dispensary, and made an appeal for better accommodation. We little thought that relief for this pressing need would come so soon, but thanks to our worthy Mayor and Aldermen and the untiring efforts of Controller Cal. Davis, who have made it possible for us to have a part of the old library building, and they hope to be able to equip it, so that we will have an up-to-date down town dispensary and clinic, where really the first stages of our work begin, under the careful examination of Dr. Holbrook and his staff.

It might be of interest to you to know something of the work done during the past year by our visiting nurse, Mrs. Jarvis, and at the dispensary:

1549 visits were made in homes in the city by Mrs. Jarvis.

1432 examinations were made by doctors in charge of dispensary.

534 new patients were registered, of which 126 were found to have active tubercular trouble.

This all goes to show the necessity for the dispensary, and to help the good work that is being done there.

The members of the Junior Health Association have done excellent work in supplying milk and clothing, etc., to patients who could not afford to buy the same, and they have also visited many of these patients. The Juliet Doolittle fund also provided many comforts to these families.

The Educational Nurses have been a great help to the dispensary with the splendid work they did during the past year among the children at the public schools.

This Christmas was a very bright and happy one for all the patients, thanks to the many kind friends who gave them concerts and treats of all kinds, especially the Christmas dinner given to the patients at the Infirmary by the Heroes Chapter of the Daughters of the Empire. The children at the Preventorium were more than well taken care of in the way of toys and treats sent them by the kindness of different societies and chapters of the Daughters of the Empire.

At our last annual meeting Mr. Evel told of the generous gift from the late Mr. Long, and Mrs. Bisby, for the building of a home for the nurses. This building is nearing completion, and we hope it will be finished and all furnished ready to open at our next birthday party.

The Ladies' Auxiliary Board had no idea that they would be called upon to do anything in connection with this work, but evidently our good friend Sir John Gibson thought that we were not doing our share, and wished the task of collecting money enough to furnish this home on the Ladies' Board. I am pleased to report that we have been very successful so far in having collected over two-thirds of the amount that we consider will be necessary for this purpose. When we started to collect we thought we had an irksome task before us, but the way that we were received by some of the manufacturers, merchants, generous friends, and by the Bertram Hooper Chapter of the I.O.D.E., made our work a pleasure. Up to the present we have only been able to approach a few of our friends for donations for this worthy cause, and the ladies' committee do not want anyone here to feel hurt if they have not already been asked to subscribe. But as nearly \$2,000.00 is still required I am making an appeal to-night to the kind friends here that may have been overlooked to send their contributions to our treasurer, Mrs. Van Allen, Herkimer Apartments.

I feel sure that this amount will be made up in a very short time, and when this is done it will be a pleasure to the Ladies' Board to report to Sir John Gibson and the Men's Board that we were able to accomplish the duty wished upon them.

I would like to move the adoption of this report.

MRS. GEO. S. RENNIE, President

## Treasurer's Report

### Balance Sheet as at September 30th, 1920

#### ASSETS

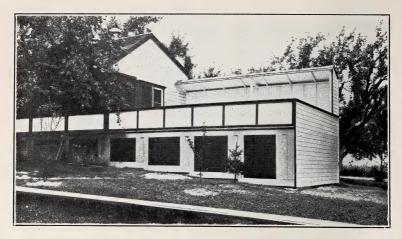
ORCHARD SANATORIUM—Land, Buildings and Equipment Accounts as detailed in report\$205,951 07
INFIRMARY—Buildings, Furnishings, etc., as per report 190,499 39
\$396,450 39
Less Depreciation Reserve 54,084 89
\$342,365 57
Investments
Accounts Receivable—
Patient, \$1,321.97, less reserve \$750.00\$ 571 97
Provincial Government
City Corporation
Military Hospitals Commission 30,231 62
45,827 74
Cash on hand and Special Bank Account
Stores, Fuel and Supplies on hand
Insurance Unexpired
\$410,433 88
Less-Bank Overdraft\$30,318 92
Acounts Payable
Juliet Doolittle Fund
49,279 70
Net Assets\$361,154 18
Capital, September 30th, 1919\$349,910 87
Add Subscriptions, \$2,116.84; Canadian Red Cross Society \$1,725.00; Mem-
bers' fees and donations \$14,428.75 \$18,270 50
Received on account of City Debentures 9,666 30
\$27,936 89

Deduct-Loss on Maintenance Ac-			
count year ending September 30th,			
1920, \$17,920.51; Dispensary,			
\$626.17; less net Farm Profit,			
\$1,853.10	16,693	58	11,243 31
As above		-	261 154 10

### Maintenance Account

#### Year Ending September 30th, 1920

#### INCOME Total Civilian Military Interest .....\$ 264 68 264 68 Patients' Fees 15.508 20 15.508 20 City Grant ..... 41,198 00 41.198 00 Provincial Government .... 32,583 85 32.583 85 Military Hospitals Commis-102,411 78 102,411 78 sion ..... \$89.544 75 Total Income .......... \$191,966 51 \$102,411 78 EXPENDITURE Wages and Salaries .....\$ 67,926 48 26,195 74 41,730 74 Butcher Meat, Fish, etc .... 30,227 78 12.903 27 17.324 51 16,836 30 7.788 85 9.047 45 Butter and Eggs ..... Flour, Bread, etc. ...... 5,722 10 2,601 21 3.120 89 16.570 57 Groceries ..... 5.909 52 10.660 65 Fruit and Vegetables ..... 6,574 03 2.592 12 3.981 91 Milk ..... 12.984 25 6.215 54 6.768 71 12,464 68 Fuel ..... 5.371 68 7,093 00 House Supplies and Replacements ..... 8.650 00 3.394 58 5.255 42 108 00 48 00 60 00 Ice ....... Laundry ...... 6,845 03 2,948 29 3,896 74



Sun Parlor at the Men's Pavilion, Orchard San.

Medical Supplies	5,747	54	2,720	69	3,026 85
Repairs	11,982		5,032		6,950.06
Water	1,363		681		681 78
Insurance	644		368		276 35
Interest	1,415		708		707 98
Power and Light	2,836		1,394		1,442 32
	2,000	50	1,004	20	1,772 02
Printing, Stationery and	4,347	72	2,574	67	1,773 06
General Expense					
Stable Expense	3,160		1,535		1,625 08
Auto Expense	1,453		760		692 70
Depreciation	13,800	00	6,300	00	7,500 00
	\$231,661	29	\$98,045	09	\$133,616 20
Transfer Civilian Patients in			' '		
Infirmary			9,430	15	9,430 15
	\$231,661	29	\$107,475	24	\$124,186 05
Less Payable by Military	φ201,001		φ107,170	٠.	φ121,100 00
Hospitals Commission	21,774	27			21,774 27
Trospitais Commission					
	\$209,887	02	\$107,475	24	\$102,411 78
Less Loss for year deducted					
from Capital	17,920	51	17,920	51	
Balance per Revenue as					
above	\$191,966	51	\$89,554	73	\$102,411 78
above	φ1/1,/00	01	φυ,,υυτ	, 0	φ102,τ11 70



Sun Porch at Preventorium where start is being made in Heliotheraphy for children

# Auditor's Report

January 8th, 1921.

To the President and Directors, Hamilton Health Association, City.

#### Gentlemen:

We have audited the accounts of the Association for the year ending September 30th, 1920, and prepared Balance Sheet as at the latter date and Maintenance Account for the year, which we submit herewith along with our report, as follows:

### **Balance Sheet**

#### CAPITAL ASSETS \$396,450.46.

Expenditure during the year increases these Assets by \$30,995.94, of which \$23,081.77 is on buildings, \$85.50 on the City Dispensary; \$4,240.05 on furniture (including \$1,062.31 on Vocational Equipment and \$1,725.00 on Furnishings supplied by the Canadian Red Cross Society); \$2,090.32 on Plumbing, Sewerage, etc.; \$49.60 on Farm Equipment; \$1,146.00 on Live Stock and \$302.70 on Fire Equipment.

#### The distribution of the Capital Assets is as follows:

	TI	nis	Year	Tota1	Ex	penditure
	San		Infirmary	San		Infirmary
Land				\$ 21,463	98	
Buildings	\$ 19,511	99	\$3,569 78	113,761	24	\$156,217 10
Furniture	621	17	3,618 88	14,253		30,272 63
Medical Equipment.				248		502 82
Laundry				15,718	33	
Plumbing, Sewer-						
age, Water, etc	1,784		305 68	22,511		3,506 84
Fire Equipment	302	70		1,141		
Auto Truck				1,041	50	
Farm and Stable						
Equipment	49			5,727		
Live Stock	1,146	00	• • • • • • • • • • • • • • • • • • • •	6,295	00	
Hess Street Dispen-	0.5	- ^		2 700		
sary & Equipment	85	50		3,788	13	
	\$23,501	60	\$7,494 34	\$205,951	07	\$190,499 39

#### DEPRECIATION RESERVE \$54,084.89.

Depreciation provided for out of Maintenance Account for the year increases this Reserve by \$13,800.00, of which \$6,300.00 is charged to the Orchard San and \$7,500.00 to the Infirmary.

#### INVESTMENTS \$8,610.00.

This Asset is unchanged during the year, consisting of \$5,000.00 in bonds of the Hamilton Cataract Power Company, Limited, and \$3,610.00 in stock of the Steel Company of Canada, Limited.

#### ACCOUNTS RECEIVABLE \$45,827.74.

This amount as detailed on the Balance Sheet was receivable at September 30th and includes the loss on the maintenance of military patients receivable from the Military Hospitals Commission.

#### CASH \$1,294.97.

We have verified the Petty Cash Accounts with the vouchers furnished us, which, with a Special Bank Account of \$228.44 make up this amount.

#### STORES, ETC., \$11,489.10.

The Inventory making up this amount includes: Provisions, Fuel and Medical Supplies on hand at the close of the year.

#### INSURANCE UNEXPIRED \$846.50.

The unexpired portion of Insurance Premiums in force at the close of the year makes up this amount, which varies from one year to another on account of the policies being nearly all for three year periods.

The amount of insurance carried should be carefully considered as to whether this is adequate under the present high cost of building.

This was increased in 1919, but is still considerably below the cost values. The liabilities of the Bank Overdraft, \$30,318.92; Accounts Payable \$17,929.36 and the Juliet Doolittle Fund \$1,031.42 are deducted from the above Assets, leaving the Net Assets of \$361,154.18, an increase for the year of \$11,243.31.

#### CAPITAL ACCOUNT.

Last year's Capital Account is increased by subscriptions of \$2,116.84, a further contribution from the Canadian Red Cross Society for furnishings for Military patients \$1,725.00; members' fees and donations \$14,428.75 and \$9,666.30 received on account of City debentures for new buildings.

Unfortunately on account of increased costs of maintenance, \$16,993.58 of the above receipts are required to offset the maintenance loss for the year, making the net increase in Capital Account only \$12,175.61, as previously mentioned.

As mentioned in previous reports by ourselves and others interested in the work of the Association, there is an everpressing need for extensions and it is in the interests of every citizen of Hamilton and the surrounding community, that the work should receive their interest and support.

#### MAINTENANCE ACCOUNT

The Maintenance Account for the year which shows a total cost of \$231,661.29, exhibits the continuing growth and usefulness of the Association. Maintenance Income towards this expenditure of \$191,966.51, includes the loss on Military patients of \$21,774.27 receivable from the Military Hospitals Commission, the loss of \$17,920.51 therefore being on Civilian Patients.

Deducting from this loss the net profit of the farm for the year of \$1,853.10, leaves the net Sanatorium loss of \$16,067.41, which with the City Dispensary cost of \$626.17, makes up the amount deducted from Capital Account for the year \$16,963.58.

Yours truly,

RICHARDSON, GOWANS & WATSON,

Per Sinclair G. Richardson.





New Barn and Silos including Sanitary Stables, modernly equipped in every detail.

Stables will house a herd of 40 Cattle.

# Report of Physician-in-Charge —Dr. J. H. Holbrook

The year just closed has been a very eventful year in many respects, in the organization and expansion of the medical work at the Mountain Sanatorium. While unfortunately, we have not realized all our plans of a year ago, yet in looking over last year's report, we can see that real progress has been made and we anticipate much for the coming year.

I think we can truthfully say that our patients have a better chance for recovery to-day than ever before. In the



Interior of Stable in New Barn showing Sanitary Equipment and well lighted interior.

olden days, when we specialized in treatment but lacked most of the equipment necessary for the diagnosis of difficult and obscure conditions, the system was necessarily one of expectant treatment, but from experience we believe to-day, that humanitarianism must demand for every consumptive the fullest and most thorough scientific study of his case, to discover and endeavor to rectify every factor that has led to his ill health.

Thus in taking stock of our equipment, we find that the Laboratory under Mr. Watson's direction has been doing excellent work, though he is still in need of more assistance. In spite of this his report shows that a large amount of work was accomplished during the year.

The X-Ray Department during the last year under Dr. Morgan's direction has developed into an absolutely indispensable department, in the carrying on of efficient work, and the report below shows the amount of work done and also points out the fact that it would have been impossible to do justice to a goodly number of these patients without the assistance of the X-Ray for diagnosis or treatment. We are especially indebted to Dr. Hess for his assistance to us in the establishment of this Department, in training Dr. Morgan to the work, and in acting as advisor to us in all our difficulties, either technical or diagnostic.

The Dental Department too, at the New Infirmary, under Dr. Ingram has been of great value and has proved itself so helpful to treatment that it has been possible with the assistance of Col. W. G. Thompson to persuade the City to donate a complete outfit as permanent equipment for the civilian patients especially, and to be installed in the children's Preventorium. The next great essential is to secure a permanent part time dentist on the staff, but this is a task for the coming year. The amount of work carried on by Dr. Ingram during the year is shown in his report.

During the last two years Dr. Everett has given of his spare time both for civilian children and adults and it is impossible to estimate the value of this service to many patients with badly infected mouths in its bearing on the success of treatment of their pulmonary disease.

The Department of Vocational Theraphy has continued to do good work during the year, and along with other features of this work the soldier patients are now publishing a paper "The Mountain Echo." They have also added the work of pottery-making to the other lines of vocational work.

But apart from any excellence of the work its chief advantage is the fact that it occupies the mind with constructive ideas rendering the long days happier and thus assists very materially in the success of treatment. A start in this work has been made with the civilian patients and the children, and results have been very encouraging.

During the year some progress has been made towards the introduction of Heliotherapy as a regular feature of treatment. Two small verandahs for this purpose were built at the Orchard San, one adjoining the men's shack, and the other at the Preventorium. The former was used by some of the men in the latter part of the summer. At the Preventorium a ward for crippled tuberculous children is also being built and it is planned to try out this method of treatment very thoroughly during the next year or two. To assist the Sun Treatment, the Junior Health League is donating an Alpine Lamp, and a special treatment room for the use of this Lamp is being prepared. The furnishing of the new ward will probably be undertaken by the Kiwanis Club, and this club has expressed a desire to become "Big Brothers" to these little unfortunate children. With such assistance from the Junior Health League and the Kiwanis Club, the success of this branch of the work is certainly assured.

One other branch of the work that has been indispensable has been the Eye, Ear, Nose and Throat Department. Treatment here requires an expert and for the soldiers the work has been carried on by Dr. Bruce Sutherland, to the great advantage of the men. With the civilian patients the chief feature of the work is the removal of diseased tonsils and adenoids in children, and the treatment of laryngeal tuberculosis in adults, with an occasional correction of nasal or ear

conditions. For this work Dr. P. B. MacFarlane has given us his services throughout the year, and besides removing tonsils and adenoids in about thirty cases, he has given us very valuable assistance in treatment of the laryngeal cases, who constitute probably the most pitiable group of our tuberculous patients.

As much of the extension of the work in these different specialties has taken place since the erection of the New Infirmary, no adequate provision was made for them and as a result it has been necessary to make use of space that was intended for other purposes, in some cases isolation rooms, and again patients' wards. The different departments are also scattered about the building in inconvenient locations, and the most urgent need at present is a new clinic building or wing. Such a plan would conisderably increase our accommodation by restoring the most expensive rooms in the Infirmary to the purpose for which they were planned and would add much to the efficiency of the work by grouping all these special departments together in one section of the institution.

With reference to the situation regarding the rural tuberculosis problem, I regret to say that there is apparently no improvement; as country patients that come to us for examination or treatment are in the majority of cases too far advanced to hope for successful results, and no effort is being made to improve facilities for diagnosis or treatment of these patients. As a result of the absence of these facilities at home, they turn when too late, to the institutions already established in the few cities already engaged in this work, and even if admitted for treatment they are likely to go home again in a short time either from insufficient financial assistance or from discouragement as they gradually lose ground. Surely an enlightened province such as Ontario can be persuaded without more delay to organize on a practical basis for the fighting of tuberculosis instead of leaving the work of organization to the individual action of the many separate municipalities. Rural districts can never be organized in that manner because of the difficulty of reaching the people in sparsely settled districts and moulding public opinion in such a way as to get united action on a large scale. The suggestions in last year's report appear with time to be the correct solution of the problem.

Throughout the whole of the work, the one phase that looms up most prominently from whatever angle we view it is that of childhood infection and childhood protection and treatment. Conditions in Europe are appalling, due to the scarcity of food and other conditions resulting from the war. Arthur Stringer says, speaking of his own boyhood, "Now my humble belief is, not only that the child is the father of the man, but the about everything worth while happens to you—with the exception, of course, of your marriage and your funeral—before you are fourteen years of age. These fourteen years are the years that count, are the years that put the waffle-iron ridges in your character and make you either a plumber with a weakness for porterhouse steaks or merely a college professor with a watery approval of enforced vegetarianism. Every moment is formative; every act is natural, and every adventure is an influence for good or evil. The gun is loaded then, and what you may bring down when you are forty or fifty is determined by what you've loaded it with when you were five or ten." I use this quotation because it is to-day considered as true of the physical as it is of the mental or moral development of the child. There is no longer any doubt that the infection with tuberculosis that brings down the adult was implanted in childhood, and often very early child-



A group of the Smallest Children under treatment at the Preventorium.

hood. There is also no doubt that practically all come into actual conflict with the germ and that a successful conflict leads to a very definite development of immunity which is of service against future infections. Thus even the child very definitely diseased, if treated until definitely cured, may turn this misfortune into an asset, and only the child in whom the disease still smolders on is likely to come down with adult tuberculosis.

We are giving special attention in our work for the coming year to provisions for the care of the children and ask your assistance to secure these provisions both for treatment and for diagnosis.

Our plans for treatment include heliotherapy and Alpine Lamp treatment for surgical cases of tuberculosis, and we are very glad to have a second teacher appointed recently by



View showing Children confined to bed receiving instruction from the Bed-side Teacher recently appointed by the Hamilton Board of Education. Her appointment has been a great boon to these unfortunate children.

the Board of Education, for this both assists in treatment and enables these handicapped children who are behind the average child in their studies, to better fit themselves for suitable positions in adult life. But perhaps the greatest need for these children is better facilities in diagnosis. The new Health Center to be established in the Old Public Library building will help in this respect, but the most urgent need in Hamilton is a proper system of school inspection whereby these tuberculous children can be more certainly and more generally discovered. The present inadequate system of school inspection makes it a matter of chance for a tuberculous child to be discovered and must give way to a system whereby every suspicious child will be discovered and thoroughly examined. As has been recently said "Every child has a right to as much health as our present knowledge affords."

In conclusion I wish to thank all who have helped us to successfully cary on our work during the last year. The San has so many friends both within and without the institution that it is impossible to be specific. We are very proud of those who have remained with us year after year, and we are also very proud of the co-operation of our patients, the latter being in no small part due to the contented spirit which prevails due in large part to the fostering influence of those who have brought to them the message of good will and sympathy, whether by song, or visit, or other kindly act. To all who have assisted, we are deeply grateful.

Following are the statistical reports of the year's work:—

### Statistics of Civilian Patients

No. of patients in residence Oct. 1, 1919 84 77 No. of patients admitted to Sept. 30, 1920 78 98  Total 162 175  Male Female No. of patients discharged during year 58 No. of deaths during year 18 18	1 otal 161 176 ———————————————————————————————
No. of patients in residence, Sept. 30, 1920 . 86 80 Total	166 337 . 59,401 . 176
RESIDENCE OF PATIENTS	
From City of Hamilton         Male 139         Female 149           " Dundas         7         3           " Ancaster Township         2         —           " Barton Township         4         4           " Glanford Township         1         —	Total 288 10 2 8 1

14

175

19

337

Saltfleet Township
Beverly Township
West Flamboro Township
Other counties in Ontario

Total.

#### NATIONALITY OF PATIENTS

MILLIONIE OF THEE	1110
England Ireland Scotland United States	le         Female         Total           36         107         193           37         44         81           3         5         8           1         11         22           5         2         7           20         6         26
Total 16 Protestants 11	le Female Total 6 140 256
Roman Catholics 3 Other Religions 1  Total 16	
AGES OF PATIENTS	
10 to 14 years 1 15 to 19 years 1 20 to 24 years 1 25 to 29 years 2 30 to 34 years 1 35 to 39 years 1 45 to 49 years 1 50 to 54 years 1 55 to 59 years 1 60 to 64 years 6 65 to 69 years 7 70 to 74 years 7	22 34 56 5 24 39 6 18 34 3 27 40 77 26 53 1 17 28 9 15 25 2 10 22 9 4 13 2 2 14 4 1 5 3 0 3 4 1 0
Total	7 180 337

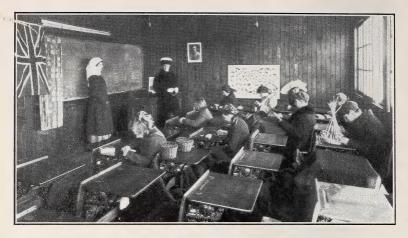
Of the 171 discharged during the year, 88 were weighed on discharge; 5 lost an average of 13.2 pounds; 83 gained an average of 14.8 pounds. Largest individual gain, 44½ pounds.

#### REPORT OF CHILDREN

$^{\prime}$	fale	Female	Tota1
No. of children 15 years and under in residence, October 1, 1919	20	34	54
to September 30, 1920	19	30	49
Total	39	64	103

		ale	Female	Total
No. of children 15 years and under discharged during the year		19	28	47
No. of children 15 years and under in redence September 30, 1920	esi- 	20	36	56
Total		39	64	103
REPORT OF CONDITION ON	DIS	SCHA	RGE OF	r
CIVILIAN PATIE	NTS			
Number discharged during one year Number in residence less than 30 days, and				
upon				14
Number reported upon				13/
Apparently Arrested	Quiescent	Improved	Unimproved	Died Total
Incipient	4	12	0	0 57
Moderately Advanced 4 Far Advanced	2 5	11 12	1 11 ;	0 18
Far Advanced	0	12	1 .	38 67 0 15
Total	<del>-</del> 11	<del></del>	$\frac{1}{13}$	 38 157
Percentage 31	7	30	8 2	24 100
Number of patients admitted for treatment the Sanatorium:—	t sinc	e the	establish	ment of
Up to September 30th, 1906	7 3 9 1 2 3			71 94 111 114 139 122 134
October 1st, 1913, to September 30th, 1914	+			. 134

October 1st, 1914, to September 30th, 1915         October 1st, 1915, to September 30th, 1916         October 1st, 1916, to September 30th, 1917         October 1st, 1917, to September 30th, 1918         October 1st, 1918, to September 30th, 1919         October 1st, 1919, to September 30th, 1920	
Total	otal
Statistics of Military Patients 1919-1920	1021
No. of patients in residence on Oct. 1st, 1919	144 218
Total  No. of patients discharged during the year  No. of deaths during the year  No. of patients in residence Sept. 30th, 1920	362 -235 17 110
Total  Collective days' stay of patients 4  Average days' stay of patients 11  Dormitory capacity of the Institution in beds  Number of beds made up	
RESIDENCE OF PATIENTS	
From City of Hamilton  " City of Toronto  " Other parts of Ontario  " Other Provinces  " United States  " Other Countries	98 134 101 6 14 18
Total	362



Vocational Therapy
Introducing the work to a small class of children at the Preventorium.

#### NATIONALITY OF PATIENTS

Canada	 
England	 
Ireland	 
Scotland	 27
United States	 
Other Countries	 
Total	 362

### REPORT OF CONDITION ON DISCHARGE OF MILITARY PATIENTS

MO.	of patients discharged during	g the year	252
No.	o. of patients in residence less the	han 30 days	25
	Total	- 	227



Christmas at the San. Happy Children in the Preventorium after Santa Claus' visit.

Incipient	Apparently 2 8 Arrested	Oniescent 16 17 20 3	panoudmI 16 11 26 5	bevored Unimproved	Died	71 33 77 18 28
Total	65	62	63	20	17	227
	29	27	28	9	7	100

## Report of Laboratory Work For 1920

follows:—	ie as
Sputum examinations for tubercle-bacilli	2119
Chemical and microscopic examinations of Urine	538
Special chemical examinations of sputum and urine	50
Bacterial cultures of pus, sputum, pleural fluid and milk	17
Chemical tests of milk	15
Animal inoculations with sputum	2
Intracutaneous tuberculin tests	49
Special smears and tests	7
Vaccines	8
Blood tests for:—	
Hemoglobin	.18
Corpuscle Counts	.(
Leukocyte Counts	35
Differential leukocyte counts	37
Arneth leukocyte counts	37

T. H. WATSON.

## Report of X-Ray Department

During the year 1920, X-Ray examinations to the number of 573 were made as follows:—

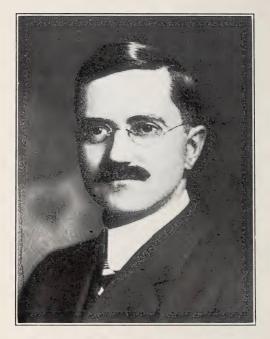
Lungs	315
Teeth	124
Digestive Tract	32
Other Organs	102
Total	573

In a gratifying number of cases the X-Ray revealed conditions which led to a modification of the treatment, with beneficial results to the patients.

Vocational training to qualify as an X-Ray technician was given Mr. A. H. Thibault who, upon the completion of his course, received an appointment to the permanent staff.

## Dental Report of Work for Soldiers For Year 1920

Various fillings	687
Extractions	360
Dentures	44
Examined	243
Various other operations	1175
Total number of Dental Operations	2500
Total number of Dental Operations	2509



THE LATE DR. A. E. HENDERSON
Deceased February 12, 1921

## The Late Dr. A. E. Henderson

It is with great regret that we have to report the death of Dr. Archibald Henderson one of the members of our medical staff. Dr. Henderson was several years ago a resident of Burlington, while his father, Dr. W. C. Henderson was pastor of the Burlington Methodist Church. He was a graduate of Toronto University both in Arts and in Medicine, and for seven years he practised his profession at Cochrane, Ontario. When war broke out Dr. Henderson went overseas and became attached to the Royal Medical Corps, where he gave valuable service. He was later invalided home and he then bought a fruit farm on the highway between Beamsville and Grimsby, where he completed his convalescence. Spring of 1918 he accepted an appointment on the medical staff at the Mountain Sanatorium, and gradually took on more responsible work until at the time of his death, in addition to part time duties at the Mountain Sanatorium, he was chest specialist for the Pension Board of Hamilton, for the Department of Soldiers' Civil Re-establishment Clinic at Scott Barracks, and he also acted as chest specialist at the Brant Military Hospital.

Dr. Henderson was loved and respected both by his medical associates and by the soldier patients whom he served so faithfully, and the outstanding feature of his work was the respect in which he was held by the Overseas men who came under his care, for all realized that he was giving them his very best and that his decisions whether favorable or unfavorable would be fair and conscientious.

Dr. Henderson contracted broncho-pneumonia on Monday, February 7th, and his friends were shocked to hear of his untimely death on Saturday, February 12th. He leaves a wife and two young children, a girl of seven years and a boy of eight months, and the heartfelt sympathy of the Board and staff of the Mountain Sanatorium is extended to them in their great bereavement.

39



Vocational Therapy, Bedside Training at the Travellers' Shack, the Orchard San.

# Report of the Secretary of Ladies' Board

The Ladies' Board of the Hamilton Health Association have held ten regular meetings during the year 1920, with Mrs. Rennie in the chair.

In November the Board received with great regret the resignation of Mrs. Ostler, who had filled the position of Secretary so capably for two years. Her personal interest in the patients and her untiring eforts in their behalf made her a most valuable officer and one greatly missed.

The report of Mrs. Jarvis will give some idea of the importance of the work at the dispensary, and her capable and kind help to many sufferers cannot be too deeply appreciated. The Miss Doolittle Memorial Fund and the Junior Health



Vocational Therapy,
Drawing and Painting, Wood Carving, Sign Writing and Modelling,
all interesting studies

League make possible the supplying of milk and eggs and delicacies to tuberculous home patients.

The St. Elizabeth Chapter of the Daughters of the Empire, that supplies the San with quantities of linen, responded to an emergency call for 250 pairs of pillow slips in March. As the members of this Chapter prepare all the articles sent to the San themselves, some idea of the extent and importance of their work can be formed.

On Saturday, May 31st, the sixteenth birthday party of the San was celebrated, and, as every year, the visitors and gifts were many. The guests were greatly interested in the Vocational work of both Sans, which was on exhibition in the Crerar Hall. A new and enjoyable feature was an Orchestra composed of patients from the Infirmary. During the after-

noon Mr. Evel unveiled the picture of Mrs. Bisby. Mrs. Bisby has most generously supplemented the gift of her brother, Mr. Long, by \$10,000.

On Sanatorium Day the H. A. B. A. gave the entire proceeds of two baseball matches to the San. This generous donation was much appreciated.

There was great regret felt by the patients at the departure in October of Dr. Cale from the Sanatorium, where she had made herself most beloved.

The Board is looking forward with great interest to the opening of the Nurses' Home. Our able President and Mrs. Southam have visited many large businesses where their cause has always been listened to with sympathy and met with a generous response. Mr. Waddie is furnishing a sitting-room in memory of a brother, and some individuals and many firms are furnishing bed-rooms. These donors will have the satisfaction of knowing that each room is to be made as comfortable and home-like as posible for the nurses, whose time is spent looking after the comfort of the patients.

During the year letters of sympathy have been sent to Lady Gibson, Mrs. Hope Gibson, Mrs. Bisby, Mrs. Biggar, Dr. Holbrook and Mr. Evel.

Respectfully submitted,

ALICE E. BALFOUR,
Acting Secretary.

## **Financial Statement**

# LADIES' AUXILIARY HAMILTON HEALTH ASSOCIATION FOR THE YEAR ENDING DEC. 31st, 1920

#### RECEIPTS

1919	9.		
Dec.	31	To Balance\$ 4	55 04
1920	0.		
Jan,	6	To cheque, Lady Gibson	25 00
	12	To cheque, Miss Rennie	5 00
	19	To cheque, Mrs. M. Hobson	10 00
May	29	To cheque, Mrs. Southam	50 00
		To cheque, Mr. and Mrs. W. J. Southam	25 00
		To cheque, Mr. and Mrs. St. Clair Balfour	25 00
		To cheque, Mrs. S. O. Greening	10 00
		To cheque, Sir John Gibson	10 00
		To cheque, Lady Gibson	10 00
		To cheque, Mrs. Jarvis	5 00
		To cheque, Mrs. Van Allen	5 00
		To cheque, Mrs. Barker	5 00
		To cash donations	53 35
June	1	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	15 00
			20 00
		To cheque, Mrs. E. Balfour	5 00
		To cheque, Mrs. S. F. Lozier	10 00
Aug.	30	To cheque, Mrs. Mary A. Hobson	5 00
Oct.	6	To cheque, Mrs. Fred. Dalley	50 00
Nov.	29	To cheque, Lady Gibson	25 00
Dec.	20	To cheque, Mrs. Lucas	5 00
		To cheque, Mrs. Southam	10 00
		1,	10 00
			25 00
	31	To Bank Interest, June, \$8.47; Dec., \$10.27	18 74

\$892 13

#### EXPENDITURE

1920	0.			
Jan.	15	By affiliation fee, Mrs. Ballard, Local Council\$	2	00
	24	By Dr. Holbrook, Vocational Training	25	00
		By Light and Gas	20	25
		By Y. W. C. A. Room Rent	_	50
Feb.	25	By Light and Gas	17	21
Mar.	9	By Light and Gas	11	30
April	30	By Light and Gas	11	26
May	1	By T. C. Meakins ac.	11	70
		By Jas. Crawfords ac.	1.5	63
		By Women's Exchange	.8	00
	31	By Paper and Papering 67 Hess St	20	45
		By Light and Gas	7	06
June	28	By J. H. Aussem ac.	8	90
		By John O. Carpenter	5	10
		By Y. W. C. A. Room Rent	2	50
		By Light and Gas	5	. 15
Aug.	30	By M. J. Lloyd ac.	10	20
		By Light and Gas	5	80
Sept.	28	By Light and Gas	2	90
Oct.	27	By Light and Gas	6	50
		By Bulbs, Steele Briggs Co	2	18
		By Flowers, Mrs. Evel	8	00
Nov.	18	By Gas and Light	- 5	40
		By G. W. Robinson Co. ac.	27	92
Dec.	29	By Gas and Light	11	12
		By Postage Stamps	1	00
		By Cheques for Christmas cheer at San	50	00
		By cheque, Mrs. Jarvis	5	00
		By cheque, Miss Page ,	_ 5	00
Balan	ice		576	10

\$892 13

# Report of Visiting Nurse

Below please find report from the down town dispensary of the Sanatorium, for the year ending September 30th, 1920.

In reviewing the work at the dispensary there are few outstanding features differing from past years. There has been a slight diminution in the number of patients coming for examination, owing partly I believe to the establishment of the new clinic for sick children and the work being done in the homes from the D. S. C. R.

Statistics inform us of a material reduction in advanced cases of tuberculosis during the past few years, even with the predisposing effects of increased cost of living and a tendency to congestion owing to the shortage of houses. This cannot be considered otherwise than a result of more efficient treatment and control.

In the beginning of the year the dispensary was again closed for several weeks as a protection against the spread of influenza; only cases from out of town, or those in special need of attention were examined.

During the year 1,432 examinations were made by physicians in charge; 534 new patients were registered; from the new cases examined 126 were found to have active pulmonary tuberculosis and were invariably advised as to treatment.

If people could only realize the importance of treatment in the early stages of tuberculosis not one would hesitate in taking advantage of the wonderful opportunity for treatment and instruction given at the Mountain Sanatorium. Patients with an open mind to learn and a willingness to receive help are in most cases not only cured themselves, but extend the benefit of instruction and training received to their own homes and their children, who in many cases have already shown signs of infection, stand a much greater chance of growing into healthy men and women.

Unfortunately many fail to "take the cure" mostly through a lack of understanding of the disease itself, for if they did understand few would allow business or cares of the home, no matter how important it might seem at the present, to interfere with the all important duty of regaining one's health before it is too late.

From the new cases examined 63 were incipient, 47 moderately advanced and eighteen far advanced cases.

203 suspicious or doubtful cases have been kept under observation during the year, either through coming to the dispensary at stated intervals or by the visiting nurse in their own homes.

Sources of reference to the dispensary have been as follows: physicians, city 209, county 28; school nurses 25; the remainder coming of their own volition or on advice of friends.

In addition to this number 79 open cases (positive suptum) have been reported from the City Laboratory.

Our different nationalities have been Canadian 293, English 142, Scotch 10, Irish 8, American 12, Italian, Russian, Chinese and others, number 67. Considering our foreign population there is very little doubt that incipient or even moderately advanced cases are not being located.

215 children of 14 years and under have been examined this year at the dispensary. The majority of those little ones, although non-tuberculosis, show an undernourished condition, pale, under standard weight, nervous and irritable. Visiting the home frequently reveals the fact of injudicious feeding, milk cereals and vegetables almost entirely left out, late hours and poor ventilation.

One mother confided the fact to the visiting nurse that she could not understand why her little Mary took sick every winter as soon as cold weather set in. This home maker did not ventilate the sleeping rooms at all. Her husband is an ex-san patient. This particular case shows how difficult it is to change habits already fixed.

This fact in spite of the educational campaign continually going on, is evident by the number of storm windows one sees while walking along the street.

Nournishing food, 8 to 10 hours sleep, sunshine, fresh air and cleanliness are preventive measures for this disease, at least.

1548 visits were made to the homes, of these 377 were new calls.

Houses in Hamilton, as every one knows, have been scarce and there has been a tendency to overcrowding. Our local Board of Health has done everything possible to maintain a high standard of sanitation, but it is the people themselves who must make the homes.

Adverse conditions found, are mostly resulting from the lack of the all important instinct for cleanliness and order.

203 miscellaneous calls were made during the year.

Patients requiring medicine or supplies numbered 562.

The junior members of the Hamilton Health Association have been as usual an ever present help in time of trouble, contributing over 7,000 quarts of milk, to families where one or often two members were in need of a little extra, apart from what the parents could afford.

\$120 was drawn from the Miss Doolittle fund. \$46 of which was spent in buying milk and \$49.20 for eggs. The remainder buying fruit and luxuries for patients confined to bed.

We also wish to thank those who have so thoughtfully contributed reading matter to the dispensary during the year.

Respectfully submitted,

MRS. C. H. JARVIS.



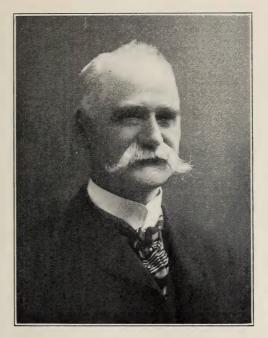
# Report of Junior Health Association —Mrs. J. D. Moodie

Formerly we were known as the Billikin Club, but "The Junior Billikin Club," a purely social one formed in recent years, resulted in a conflict of names. Then too our club is entirely for benevolent purposes. The name "Junior Health League" was therefore decided upon, as we are junior to the Hamilton Health Association and co-operate with them in their work. Our work is devoted to the tubercular poor, gassed soldiers and preventorium. Two girls assume charge of one family and look after their needs. Two members of the club make weekly visits to the Preventorium and two others likewise visit the soldiers, taking little extra comforts with them. Mrs. Jarvis is consulted in all cases before a family is put on or taken off our list—at all times these families are under her supervision and at the present we have 24 families under our care. These we provide regularly with milk and at Christmas time all the members were outfitted with new boots, stockings and underwear—and in some instances clothing. At times we come to the rescue of the very needy and provide groceries as well. The girls, from their private means, supply all with a present at Christmas and the extras for their Christmas dinner. Our money is raised by our annual fees, bazaar and dance-which last year was received and expended as follows:

#### RECEIPTS

Balance on hand\$	1,542	76
Members' Fees	43	()()
Bazaar	959	60
Donations	33	04
Subscription to Apex	57	00
Dance	1,013	25
Interest on Bank Account	36	50
Added receipts	62	15
Outstanding cheques	44	85
_	ф2. <b>7</b> 02	1.5
	\$3,792	15
DISBURSEMENTS		
DISBURSEMENTS  Soldiers' Comforts\$	75	00
	75 130	
Soldiers' Comforts\$		00
Soldiers' Comforts\$ Preventorium	130	00 65
Soldiers' Comforts\$ Preventorium Groceries and Milk	130 1,057	00 65 98
Soldiers' Comforts \$ Preventorium Groceries and Milk Clothing	130 1,057 268	00 65 98 00
Soldiers' Comforts	130 1,057 268 57	00 65 98 00 58
Soldiers' Comforts	130 1,057 268 57 658	00 65 98 00 58
Soldiers' Comforts	130 1,057 268 57 658 16 70	00 65 98 00 58
Soldiers' Comforts \$ Preventorium Groceries and Milk Clothing Subscription to Apex Expenses for Dance General Expenses Expenses of Bazaar	130 1,057 268 57 658 16 70	00 65 98 00 58 00 87 60

\$3,792 15



THE LATE W. D. LONG

A Charter Member of the Hamilton Health Association, who with Mr. G. H. Bisby donated the present site of The Mountain Sanatorium. Shortly before his death Mr. Long and his sister, Mrs. Bisby donated \$75,000 for the erection of a Nurses' Home in connection with the New Infirmary.

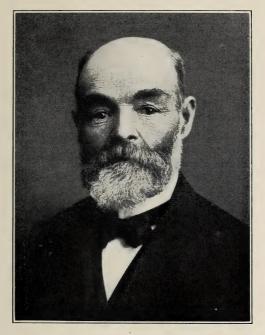
Deceased February 13, 1920



THE LATE JOHN A. BRUCE

who bequeathed \$100,000 to the Mountain Sanatorium for the purpose of beautifying the grounds and extending the lands and buildings.

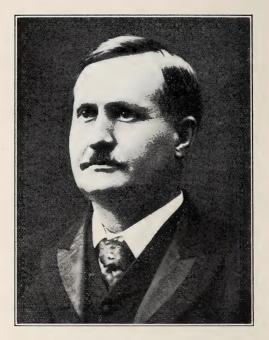
Deceased June 28, 1920



THE LATE GEO. H. MILNE

for many years an active and useful member of the Hamilton Health Association and Chairman of the Building Committee at the time of the erection of the New Infirmary.

Deceased April 9, 1920



THE LATE S. D. BIGGAR

a Charter Member of the Hamilton Health Association and a Director since it's beginning. Mr. Biggar who was Mayor of Hamilton in 1905 gave valuable assistance in the organization of the Association.

Deceased March 5, 1920

# Annual Meeting and Dinner January 20th, 1921

The chief feature of the annual meeting of the Hamilton Health Association, which was held at the Royal Connaught Hotel on Thursday, January 20th, was the address of Dr. C. J. Hastings, the honored head of the Medical Health Department of Toronto. He gave an address on public health work that was an inspiration to all who are interested in the work of the Mountain Sanatorium and of the general problem of the health of the public. Dr. Hastings was introduced by Dr. Jas. Roberts, M.H.O., who showed the effectiveness of the work being carried on by the Hamilton Health Association by the following figures:

In 1898, 13.5 per cent. of the total population of the city died of tuberculosis; in 1910, 8 per cent. was the rate; in 1920, 3 per cent. In 1898, out of every eight persons of the population, one died of tuberculosis; in 1908, one out of every 12 died of this disease, and in 1920, one out of every thirty persons of the population succumbed to consumption.

He further paid a high tribute to the wonderful work that Dr. Hastings has done in the organization of public health work in Toronto.

Dr. Hastings in his address contrasted the olden methods of health departments, whose duties were chiefly the cleaning up of back yards and the attending to the clearing away of garbage, with the modern methods which were personal hygiene, of which the chief are, the making safe of water, milk and food supplies. He stated that at one time in Toronto over 40% of the milk offered for sale had been contaminated with water ,and that nothing but eternal vigilance will keep the water out of the milk in any locality most important, he claimed was the need of scientific pasteurization of milk, and he pointed out in this regard that the objections to pasteurization on the ground of the destruction of vitamines could be wholly overcome by giving orange juice in proper proportions to infants depending on a milk diet. He claimed that pasteurization was necessary to protect children from various communicable diseases including tuberculosis and to people who take their children away from home in the summer, he gave the advice that they should scald the milk.

He also described the steps taken to render Toronto's restaurants safe for her people, no licenses being given to places selling food until they had installed devices for washing and also sterilizing the eating and drinking utensils.

In conclusion Dr. Hastings urged the need of profiting by the lessons of the war, when such appalling numbers of young men were found to be of low physical standard. "All the nations found they had been living in a fools' paradise," he said. "How many localities have had organizations for prenatal care, to assure a race of children which shall be born right?" And the speaker described what was being done in the baby clinics in his city, those for children of pre-school age, and the care exercised in follow up work among boys and girls. The danger of reduced efficiency through adverse conditions in industries, pointed out by Dr. Hastings' department, had resulted in the co-operation of the men engaged in industries and a bettering of conditions. "Thus we have filled in all

the links between babyhood and young manhood and young womanhood," Dr. Hastings said; and he quoted statistics to show the fine results of money used in public work in any city, showing that in Toronto for every dollar spent in the prevention of disease, a much greater reduction has been made in money required for the treatment of diseases.



## **Donations to New Infirmary** 1920

Mrs. Wm. Turnbull, Dundas, Ont., socks. Mrs. Gillen, Mount Hope, Ont., canned fruit. Westover Women's Institute, Branchton, Ont., fruit, eggs, cake. Ray Brothers, Hamilton, Ont., cigarettes. Women's Institute, Millgrove, Ont., canned fruit. Women's Institute, Kimberly, Ont., apples, canned fruit. Miss Augusta Gilkinson, Brantford, sweaters, scarfs, socks. Paardeburg Chapter, I.O.D.E., Hamilton, Ont., oranges. Mrs. Storms, Hamilton, Ont., oranges. Young People's Society, Christian Endeavor, Hamilton, books. Rock Chapel Branch, Red Cross Society, red quilts.

Mr. J. C. Hopkins, Toronto, 10 copies of the Province of Ontario in

Strabane Red Cross Society, canned fruit.

Board of Education, Toronto, Ont., 5 boxes of books.

Mrs. A. Craise, St. Catharines, red guilt. Miss Moore, 123 Wentworth St. S., books. Mother's Club, West End, candy and guilt.

Miss Wilcox, Herkimer St., nuts.

Bapaume Chapter, Daughters of the Empire, Marchville, socks.

Erskine Church, apples, oranges.

Mrs. Victor Ross, cheese, peanut butter, apples. Paardeburg Chapter, canned fruit, pyjamas. Heroes Chapter, I.O.D.E., oranges, ice cream.

Paardeburg Visiting Committee, Mrs. Acheson, Convenor, oranges, flowers, pineapple, cherries, ice cream, grapes, pears, Christmas magazines, chair.

Mr. Mercer, Y.M.C.A., grape fruit.

Mr. Morgan, King Street East, cut flowers.

Mrs. Glassco, pair slippers, cap, bed socks, pyjamas.

Five Hundred Club, oysters.

Mrs. Wm. Fraser, Sherman Ave. S., socks.

Mrs. Regan, Ancaster, fruit, socks. Mrs. Parker, Herkimer St., plants. Junior Health League, Easter eggs.

Mr. McQueston, plants.

Wentworth Teacher's Association, Alpha Phi Sororiety Toaster. Miss Edgar, Bay St. S., books.

Maud MacDonald Chapter, Brantford, candy, eggs, after dinner mints, figs, grape fruit, bananas, ice cream, oysters.

Dufferin Rifles Chapter, I.O.D.E., Brantford, snow apples.

Brant Chapter, I.O.D.E., Brantford, 3 boxes raisins.

Erskine Church, stockings for Easter.

Miss Emma Mathieson, Robinson St., socks.

Mrs. Moffat, Bay and Mulberry, socks. Miss Wolverton, Grimsby, canned fruit. Mrs. George Rennie, sandwiches, cakes.

Mt. Hamilton Patriotic League, socks, pyjamas, gauze.

Women's Institute, Sheffield Branch, pyjamas, helpers shirts,

Mrs. Van Keonghnet, pyjamas.

Mrs. A. W. Haun, Dunnville, socks.

United Publishers of Canada, Toronto, books. Stoney Creek Women's Institute, canned fruit.

Thurston Y., canned fruit.

Mrs. Storms, Paardeburg Chapter, pillow slips.

Central Presbyterian Church, canned fruit.

Carlisle Women's Institute, canned fruit, socks, pyjamas, grey shirts.

Stevens & Solomon, watermelon.

Mrs. Bell, socks, cherries. Mrs. Tait, socks, cherries.

Taplytown Women's Institute, Smithville, quilt.

First Methodist Church. Mr. C. S. Scott, socks.

West Flamboro Women's Institute, 3 quilts.

St. Peter's S. S., canned fruit.

Christ Church Cathedral, fresh fruit, cut flowers, 3 Christmas

Mrs. MacDonald, East Ave. North, pears.

Dr. Edgar Davey, Waverley Novels.

Mrs. B. F. Anderson, MacNab Street, grapes.

Mrs. Rennie, peaches.

Rev. Calvin McQuestin, pears, celery.

Mrs. T. E. Spencer, Barton East, yarn, pyjamas.

Erskine Church Endeavor, apples, candy, magazines. Mrs. Watson, Inchberry Street, records.

Mr. R. B. Hill, Christmas cakes, candy.

Mrs. Wm. Hendrie, treat for men. Mrs. Wm. Carey, case oranges.

Mr. E. F. Beckett, snow apples, pears.

Mrs. Balfour, books, 3 Christmas packages.

Y. M. C. A., plants, grapes.

Mrs. A. P. McWhinnie, canned fruit.

Mrs. Griell, canned fruit.

Bank of Hamilton, Auxiliary Girls, chair.

Lady Gibson, chair.

Miss Hendrie, 6 chairs.

Never Weary Club, parcels to men.

Knights of Columbus, parcels to men.

Upper Hamilton Women's Institute, parcels to men. Kiwanis Club, apples.
Grafton & Co., Dundas, chocolates for nurses.
St. Hilda's Chapter, socks, caps, magazines.
Hamilton Club, cigarettes, cigars.
Rotary Club, books.
Mrs. Sanford, gloves.
Blachford & Son, records.
Sanford & Co. Employees, nuts, raisins, etc.
Upper Canada Tract Society, books.
Mrs. Alsworth, Christmas treat-civ. patients.
Miss Cartwright, cut flowers.
Junior Health League, fruit and dainties given to men.
Women's Catholic Guild, treat to men.
Mrs. Van Keoughnet, D.S.C.R., Toronto.

## Cash Donations to New Infirmary

Sunbeam Circle Calvin Church\$	10 00
Red Cross	550 00
Literary Society, T. G. Burkholder, Treasurer	300 00
Mt. Hamilton Women's Patriotic League	203 88
Brantford	9 00
Dufferin Rifles, Brantford	50 00
Hamilton Soldiers' Sport Club, D. M. Cameron, Treasurer	22 64
38 I.O.D.E., per Smma C. Oxtaby, Treasurer	50 00
Maud McDonald Chapter	40 00
Y. M. C. A	34 20
Miss Shuttleworth	12 00
Mrs. G. L. Staunton	25 00
Women's Board, Hamilton Health	25 00
Mrs. Van Konghnet	71 80

## Subscriptions to Magazines

Miss Magee, Saturday Evening Post. Aloka Club, Photo-Play, Wide World, MacLeans. Rotary Club.

### **Magazines**

Mr. Taylor, 78 Stephen St. Mrs. Faulkner, 144 Wentworth S. Mrs. Killson.

Caroline Street School.

Mrs. McCulloch, Melrose Ave.

Mrs. McKim, Carrick Ave.

Mrs. Wilson, John St. S.

Mrs. Morden.

Mrs. Peebles. Herkimer St.

Mrs. Acheson, Proctor Blvd. Mrs. Cooley, King St. E.

#### **Books**

Mrs. Truscott, 128 Tisdale N. Mrs. Robt. H. Paisley, 2 Strathcona Ave.

Mrs. H. Kellar, Main St. E. Mrs. McDonald, Queen St. S. Miss Crerar, MacNab S.

Mr. Hamilton.

Mrs. Cline, Main St. W. Mrs. Van Keonkhnet. Mrs. Insole, Jackson W. Maud MacDonald Chapter. Mrs. Stewart, West Ave. N. Mrs. A. V. Young.

## Special Mention of Weekly Visitors to New Infirmary

Visiting Committee of Paardeburg Chapter-Mrs. Acheson, Mrs. Morden, Mrs. Wilson, Mrs. Bell, Mrs. Tait.

Junior Health League-Miss Cartwright, Miss Haslett, Mrs. Parker, Mrs. Ostler.

# Donations to Orchard San From Oct. 1st, 1919 to Sept. 30th, 1920

## **Books and Magazines**

Mrs. F. S. Malloch
Mrs. S. O. Greening
James Dunlop
R. McKay & Company
Cyrus Birge
Dr. H. G. Arnott
Miss M. M. Moore
Mrs. Robert Hobson
Mrs. J. P. Mullen
Mrs. Doolittle
Mrs. Southam
Lady Gibson
W. A. Child
Miss I. K. Lewis
Mrs. Lynch-Staunton

F. F. Cummings
Anonymous, Family Bible
Mrs. Chas. E. Bull
Mrs. Moodie
Mrs. Arthur McKay
Mrs. Fenwick
Mrs. Agnes Cutler
Isabel M. Walker
Mrs. Hendrie
Dr. Storms
Sir John Gibson
F. F. MacPherson
Mrs. W. P. Lindsay
Mrs. Acheson

## **Donations to Preventorium**

Billiken Club, ice cream, cake and fruit.
R. L. Smith, fruit.
Mrs. A. E. Malloch, books.
Miss Reid, two wollen caps.
Mrs. Pirie, clothing for children.
Ladies of St. Paul's Church.
Charlton Ave. Methodist Church, toys, candy, books, etc.
MacNab St. Presbyterian Church, dolls and toys.
St. Giles' Presbyterian Church, toys.
Olivet Union Sunday School, toys and fruit.
Ever Ready Club, fruit and dolls.
Ellen L. Cook, candy for Preventorium.

Blackheath Women's Institute, toys. Help-a-Little Mission Band, Zion Tabernacle, pictures. Sterling Rubber Company, balloons for Preventorium. Donald and Marjory Wallace, toys. Mission Band, Centenary Church, quilt and biscuits. St. Andrew's Sunday School, presents. Moodie & Company, underwear for children. Mrs. R. L. Innes, 4 trays for Innes Ward. St. Elizabeth Chapter, records. Barton Chapter Children of Empire, scales for Preventorium. Margaret Gage Burkholder Chapter, ice cream. Bartonville Chapter, ice cream. White & Co., bananas. W. J. Lord, ice cream. G. W. Robinson, tams for children. Cloke & Son, puzzles for children. Junior Health League, ice cream and cake. Queen's Canadian Hospital Committee, hospital supplies. Mrs. A. Goldie, bird house. Mrs. Carrick, records, sox and cap. Rev. Calvin McQuestion, canned fruit, records, pansies. Mrs. Gordon Hutton, socks, scarfs. Mrs. W. J. Sutterby, bed socks. Mrs. North, bed. Lady Gibson, plants. Louise Brown Memorial Fund, chairs. John Brick, records. Rotary Club, ice cream. Mrs. Eva Boswell, sweater coat and bed jacket. Community League Garden Club, flowers and vegetables.

Mrs. J. W. Bell, dental chair.
Holy Trinity Church, fruit and vegetables.
St. Mark's Sunday School, fruit and vegetables.
MacNab Street Church, fruit and jelly.
Government Dispensary, donation.

### **Christmas Donations**

H. H. Fearman, pail mincemeat. Lee Ling, box tea and chocolates. St. Elizabeth Chapter, I.O.D.E., candies for children. Holy Trinity Church, A.Y.P.A., dolls, etc. St. Paul's Church, Glanford, books, toys. Barton Chapter, Children of the Empire, I.O.D.E., co.

Barton Chapter, Children of the Empire, I.O.D.E., candies for Preventorium.

R. K. Hope, oranges.
Caxton Chapter, I.O.D.E., oranges.
Mrs. H. H. Paterson, canned fruit.
Mrs. Husband and Miss Magill, turkeys.
L. R. Tobey, candy.
A. Carey & Sons, records and needlse.
Col. Grafton, chocolates for nurses.
Centenary Church, presents for patients.
Mrs. Gordon Henderson, turkey.
Mrs. Wm. Carey, oranges.
Balfour, Smye & Company, nuts.
Mrs. J. A. Bisby, records.
Ellen McAmmond, candies in baskets.
Hamilton Women's Liberal Association, socks, gloves, sweaters and caps.
R. B. Hill, Christmas cake.

#### Cash Donations

St. Andrew's Benevolent Society	\$ 100.00
Dundas Women's Institute	
Estate Dr. Peters	847 78
Soldiers' Sporting Goods Friends	22 64
Mrs. Doolittle	15 00
Miss Muriel Thompson	10 00
St. Cecelia Chapter, for tables for Preventorium	100 00
Honorably Discharged Soldiers' Association	300 00
Los Amegos Club	4 50
Barton Chapter, I.O.D.E.	
Dundas Women's Patriotic League	1500 00
Ancient Order of Foresters	75 00
Beach Day Fete	500 00
Arcade, Limited	400 00
Estate Geo. H. Milne	200 00
Rope Mortgage	146 85
Mizpah Chapter, No. 56, O. E. S	150 00
Waterdown Lodge, A. F. & A. M., No. 357	25 00
Blackheath Women's Institute	13 00
Carluke Women's Institute	10 00
Central Presbyterian Sunday School, for express	5 00
Diet Kitchen Club	36 75
Chums Club	64 20
Charlton Avenue Church	. 75 25

### **Christmas Cash Donations**

G. W. Robinson Co. (Order for goods)\$	10 00
H. H. Champ	5 00
W. D. Flatt	10 00
Mrs. Olmstead	5 00
Mrs. A. E. Malloch	5 00
Hamilton Lodge, A. F. & A. M., No. 562	10 00
The Doric Lodge, A. F. & A. M., No. 382	10 00
The Electric Lodge, No. 495, A. F. & A. M	10 00
Acacia Lodge, No. 61, A. F. & A. M.	20 00
Hamilton Trades and Labor Council	10 00
Hamilton Retail Grocers' Association	25 00
Gospel Tabernacle S. S	5 00
A. F. Luck	10 00
Mrs. DeMattos	2 00
Mrs. F. H. Witton	10 00
Mrs. H. G. Snow	10 00
The Dundurn Lodge, A. F. & A. M.	25 00
Madeline E. Bell	25 00
Mr. and Mrs. Robt. Hobson	25 00
Mrs. R. S. Morris	5 00
Wardrope Lodge, A. F. & A. M.	25 00
Transfer Bouge, 11. 1. at 11. Mr.	25 00

# List of Special Campaign Donations

Alderson Bros \$	25 00	Duffield, Mrs. W. S	
Abbot, Fred C	1 00	Duffield, W. S	200 00
Anderson, Annie C	1 00	Dowswell, Lees & Co	25 00
Anderson, Alex. F	2 00	Daly, Thos	1 00
Arrell, Wm. (Dr.)	2 00	Duncan Litho. Co	20 00
Bank of Hamilton	100 00	Easter, S	2 00
Bell, J. P	100 00	Edjar, E. J	2 00
Bentley, Geo	15 00	Frost Steel & Wire Co.	100 00
Bristoll Somerville Co	20 00	Felker, R. H	2 00
Baby, W. A. D	2 00	Fitzgerald, J. H	2 00
Biggar, W. E	2 00	Francis, E. A	1 00
Brown, Alex	.1 00	Fraser, Gus F	2 00
Brooke, Fred W	2 00	Gibson, J. C	2 00
Carter, Wm	4 00	Gibson, W. G	3 00
Codling, E. E	1 00	Hendrie, Murray (Mrs.)	100 00
Cooper, T	25 .		100 00
Cooper, James	50	Hill, R. B. Ltd	75 00
Cranston, John	2 00	Hope, R. K	100 00
Callaghan, J. Orr		Hamilton Rubber Co	1 00

Hamilton, Mrs	1 00	Robertson, Rev. W. P.	2 00
Hansell, E	1 00	Robinson, G. W. Co	100 00
Harris, Joseph	2 00	Rodgers, Miss A. M.	2 00
Trairis, Joseph			
Haycock, W. A	2 00	Rutledge, Rev. W. R	2 00
Hayes, John	1 00	Southam, Mr. and Mrs.	100 00
Hewson, J. H	2 00	Steel Co. of Canada	300 00
Hicks, R. H	1 00	Shaver, H. H	2 00
IIICKS, IC. II			
Hill, H. M	2 00	Shuttleworth, Mrs	1 50
Hitzroth, Ed	1 00	Smart, J. A	50
Kelley, Murray D	2 00	Smith, Frank B	2 00
Lambert, C. H	1 00	Steinburg, A. (Dr.)	2 00
Laitab I (Da)		Stowenson H I	
Leitch, J. (Dr.)	1 00	Stevenson, H. J	
Lennex, H	1 00	Soper, Robert	25 00
Levinson, Chas	2 00	Tanner, Chas	1 00
Lewis, Miss	1 00	Thomas, H. N	1 00
Linfott, John	1 00	Tindorbill E	1 00
Limott, John		Tinderhill, E	
Lees, Thomas	15 00	Tuckett, Margaret	25 00
Locke, Wm	1 00	Toye, Irene	1 00
McPherson, John & Co.	500 00	Townsend, M	.25
McLaren, Maria (Miss)	20 00	Turner, W. J	3 00
			3 00
Mark, John	25 00	Bowling Team, T. H. &	
McCallum, T. G	1 00	B. Road Dept	23 00
McFadyen, A. T	2 00	T. H. & B. Gen. Offices	34 00
MacDonald, B	50	Urry, M. J	1 00
MaFarlana W	2 00	Vine M	1 00
McFarlane, W		Vine, M	
McKenzie, D	2 00	Valley Camp Coal Co	25 00
McKerlie, F. Brant	25 00	Wilcox, C. S	100 00
McLaughlin Car Co	25 00	Wilcox, C. S Walker, Wm	2 00
Michil, Miss	1 00	Waller, T. G	2 00
	2 00	Walsh, E	2 00
Michil, Harriet (Miss).			
Moss, George	2 00	Watson, Mrs	1 00
Nicholson, Mr	25	Webber, P. H	1 00
Nix, C. H	2 00	Williams, Howard	. 3 00
Noll, J. P	2 00	Wallace, M. E	25 00
Omand Was			23 00
Omand, Wm	2 00	Whitelaw, Mr. and Mrs.	25 00
Peacock, E. E	20 00	A. H	25 00
Proctor & Gamble Co	25 00	Wood, Mrs. W. A	25 00
Pure Milk	25 00	Young Winfield, Ltd	25 00
Page V E (Mrs.)	2 00		25 00
Page, K. E. (Mrs.)		Mark, John	
Parke, W. E	1 00	Loosely, Fred	25 00
Parke, Samuel	1 00	Lees, Hobson & Co	25 00
Paton, C.	1 00	King, J. W	25 00
Paton, C	1 00	Hendrie, John S. (Sir)	25 00
Deuterna E. I.		II 1 The W	
Porteous, F. J		Hand, Thos. W	
Ralston, Harry	2 . 00	Freeman Co., W. A	25 00
Reeves Hardware Co	2 00	Moore, Misses	25 00
		,	

# **Explanation of Membership in the Hamilton Health Association**

The Hamilton Health Association is the citizens' organization which supports and operates the Mountain Sanatorium for the treatment of pulmonary tuberculosis, popularly known as "The San." The San owes its wonderful success and rapid development to the interest and generosity of the citizens of Hamilton. Probably there is not a single family in Hamilton whose members have not at some time contributed freely in aid of the San.

One of the most popular and practical ways of aiding this institution in its great work is to become a member of the Hamilton Health Association. In the following paragraphs we describe the different types of membership. Select that one best suited to your means, and determine that the San is an institution you can afford to support year after year. In making application for membership or in renewing your membership, kindly address all correspondence and mail checks to the Secretary, the Mountain Sanatorium, Hamilton.

#### ASSOCIATE MEMBERSHIP.

Annual fee \$5.00. An Associate Member entitles you to all reports and admission to general meetings.

#### ACTIVE MEMBERSHIP.

Annual fee \$10.00 Such a membership enables you to take an active and helpful part in the San's war against the "White Plague." Every Active Member is a voting member as well as receiving all reports, admission to general meetings, etc.

#### SUSTAINING MEMBERSHIP.

Annual fee \$50.00. This offers the man and woman of means an opportunity to help the San in a substantial way. While the San receives aid from City and Government, it still depends largely on voluntary subscriptions. Since its beginning in 1906, the San has received over \$200,000 in subscriptions, otherwise it could not have developed to its present proportions and have carried on its work so effectively. Every "Sustaining Member" is a voting member, as well as receiving all reports, admission to general meetings, etc.

#### ANNUAL ENDOWMENT—BED.

\$438.00 endows a bed for a year. Most of the patients cannot afford to pay their way, and the City can only assist those who have lived in the city for the previous twelve months. Very often young men and women, virtually Hamilton citizens but for whom the City may not hold itself responsible, apply for treatment. If treatment is delayed the chance of recovery in these cases may be lost, so the San cares for them free of charge. This presents an opportunity to well-to-do families or individuals, business houses, manufacturers, societies, clubs or fraternal organizations to give very real help to needy individuals.

## Sustaining Members for 1920

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Dunlop, James.

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